



SALEM SENIOR CENTER
110 Union Street
Salem, Virginia
540-375-3054



CURBSIDE TO GO THANKSGIVING LUNCH

Courtesy of **Hermitage Roanoke**
Thursday, November 19th
12pm – 1pm

While we haven't been able to hold our monthly luncheons due to social distancing guidelines, we are excited to have the fine folks at Hermitage Roanoke provide us with a free meal for the Thanksgiving season!!!

You can drive up to the Senior Center and pick up a meal to go. It will be a traditional Thanksgiving meal with turkey, mashed potatoes and gravy, stuffing and more.

You must call ahead to reserve your meal. We bring it to you in the parking lot. You can order up to 2 meals for your family.

**Orders must be taken by
Friday, November 13th.**
Call 375-3054



** FITNESS CLASSES **

(Tuesday, Thursday, & Friday)

Fitness Classes are filling up. In order to take one or all three, you must call us on each Monday to sign up for the one(s) you are planning on taking that week. Do not sign up just to hold a spot because you are causing someone not to be able to take the class.

Currently we are allowing **20 people ONLY** to take each class while social distancing comfortably. **CALL US** each Monday to sign up. 375-3054

One of us will be taking roll at the door as you come in and if you are not signed up and there is not enough room, you will not be able to take the class.

SALEM SENIOR CENTER NEWSLETTER – OCTOBER 2020



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** LINE DANCE CLASSES **

Beginning Wednesday, October 7, Line Dance time changes to 1:30 to 3:00. You will still be **REQUIRED to call our office EVERY Monday** if you are going to take the line dance class on Wednesdays.

One of us will be taking roll at the door as you come in and if you are not signed up and there is not enough room, you will not be able to take the class that day.

375-3054



IMPORTANT NOTICE

NO MONTHLY LUNCHEONS will be held at this time.

There will be **NO CARD GAMES OR DOMINOS** due to the proximity of the players and social distancing requirements.

Keep your fingers crossed that we will be able to take these restrictions off soon.

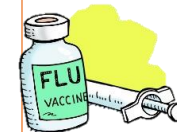
2021 TRIP LIST

We are beginning work on a new 2021 trip list! If you have any ideas of trips you would like to take, please feel free to share with us and we will do what we can to make it happen.



CVS TO PROVIDE FLU SHOTS

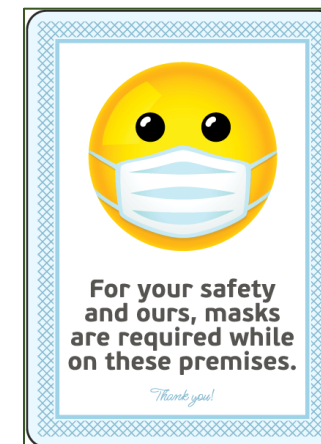
It is very important this year that you get your flu shot!!!! CVS will be here to administer flu shots for free



Monday, Oct. 19th
9am – 11am

Appointments are available in 10-minute increments. Bring your **insurance card** and come just a couple of minutes early to fill out a short form. **You must wear a mask.**

Call us in the office to schedule your appointment



EQUIPMENT

Please be advised that we will not be allowed to use any of our equipment for fitness classes. If you need to use weights, mats, etc, you will have to bring your own at this time.



DMV2GO

October 26 – 29
9:00 am – 4:00 pm
Salem Civic Center



CERAMICS CLASS TIME CHANGE

Beginning Wednesday, October 7
Ceramics class time will change to

10:30 am – 1:00 pm

This will give students a little longer class time to work on Holiday projects.



2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		29 8:45-9:45 am – Fitness Class (must sign up) 11 am – 2 pm – Chair Caning 4:15-5 pm – Chair Yoga	30 9 am – Tap Class 10am – 12 noon - Ceramics 10 am – Needlework/Quilting 1-2:30 pm– Line Dance (must sign up)	1 8:45-9:45 am – Fitness Class (must sign up) 11 am – 49ers + Club Meeting 2-3 pm – Tai Chi	2 8:45-9:45 am – Fitness Class (must sign up) 11 am-2 pm – Senior Mtn Pickers	3
4	5 1–3 pm – Art on your own (in Harris Hall)	6 8:45-9:45 am – Fitness Class (must sign up) 11 am – 2 pm – Chair Caning 4:15-5 pm – Chair Yoga 5 – 6pm – TOPS weigh in (appt only)	7 9 am – Tap Class 10 am – Needlework/Quilting 10:30 am – 1 pm – Ceramics 1:30-3 pm– Line Dance (must sign up)	8 8:45-9:45 am – Fitness Class (must sign up) 11 am – 49ers + Club Meeting 2-3 pm – Tai Chi	9 8:45-9:45 am – Fitness Class (must sign up) 11 am-2 pm – Senior Mtn Pickers	10
11	12 10 am – “Purl Jam” (held in front large meeting room) 1–3 pm – Art on your own (in Harris Hall)	13 8:45-9:45 am – Fitness Class (must sign up) 11 am – 2 pm – Chair Caning 4:15-5 pm – Chair Yoga 5 – 6pm – TOPS weigh in (appt only)	14 9 am – Tap Class 10 am – Needlework/Quilting 10:30 am – 1 pm – Ceramics 1:30-3 pm– Line Dance (must sign up)	15 8:45-9:45 am – Fitness Class (must sign up) 11 am – 49ers + Club Meeting 2-3 pm – Tai Chi	16 8:45-9:45 am – Fitness Class (must sign up) 11 am-2 pm – Senior Mtn Pickers	17
18 	19 9 - 11am – Flu Shots by CVS (must sign up by appt) 1–3 pm – Art on your own (in Harris Hall)	20 8:45-9:45 am – Fitness Class (must sign up) 10:30 am – 2 pm – Chair Caning 4:15-5 pm – Chair Yoga 5 – 6pm – TOPS weigh in (appt only)	21 9 am – Tap Class 10 am – Needlework/Quilting 10:30 am – 1 pm – Ceramics 1:30-3 pm– Line Dance (must sign up))	22 8:45-9:45 am – Fitness Class (must sign up) 11 am – 49ers + Club Meeting 2-3 pm – Tai Chi	23 8:45-9:45 am – Fitness Class (must sign up) 11 am-2 pm – Senior Mtn Pickers	24
25	26 10 am – “Purl Jam” (held in front large meeting room) 1–3 pm – Art on your own (in Harris Hall)	27 8:45-9:45 am – Fitness Class (must sign up) 10:30 am – 2 pm – Chair Caning 4:15-5 pm – Chair Yoga 5 – 6pm – TOPS weigh in (appt only)	28 9 am – Tap Class 10 am – Needlework/Quilting 10:30 am – 1 pm – Ceramics 1:30-3 pm– Line Dance (must sign up)	29 8:45-9:45 am – Fitness Class (must sign up) 2-3 pm – Tai Chi	30 8:45-9:45 am – Fitness Class (must sign up) 11 am-2 pm – Senior Mtn Pickers	31

NO SOCIALIZING (sort of)

We are glad to see you and glad you can see your friends, but please do not hang in groups. You will need to leave the facility as soon as your class/activity is over. Not because we do not love you, but because we must sanitize the bathrooms and all surfaces in between each class/activity.



MASKS

Until further notice, the Governor has mandated that masks are to be worn in public facilities. Please wear a mask while you are in our facility. This protective item is safety for you and for the people you are around!



The COLE BLUEGRASS SHOW will not be held at this time. We'll let you know when we are able to start this event again. Thanks for your patience.

